PRENTICE DIGS IN HEELS ON EMISSIONS, PG 5

Teach English
and make a world of difference
562-8370
Free Teach English Abroad Seminar
this Tuesday Dec. 8th - 7pm
Winter TESOL: Dec. 15th - 20th
United TESOL International College of Teacher Training
unitedtesol.com
41 York St.
No Degree required

The world's largest global newspaper
metro
OTTAWA • MONDAY, DECEMBER 7, 2009
metronews.ca

Portable Units Portable Storage
PUPS
canadianpups.com
Portable Storage Made Easy
613.836.6022

Want your news in English and French? There's an app for that

TECHNOLOGY Metro is celebrating the launch of Canada's first fully bilingual iPhone and iPod news application — the only one in the App Store that allows users to choose between an English or French interface and also receive news content in either language.

The application "Metro Canada / Journal Métro" is free and can be downloaded from the App Store.

In September, Metro relaunched its mobile properties — which include a mobile-enabled website, applications for iPhone, BlackBerry and Windows mobile, and 2D barcodes in paper that link to mobile content — with a B2C marketing campaign in transit in Toronto and on TV and radio across the country. **METRO NEWS SERVICES**

MORE COVERAGE, PAGE 12

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Entertainment pg 16

Show reveals Secret Life

On the web
Visit metronews.ca for news updates

Olympics

Capital torchbearers

TRACEY TONG/METRO OTTAWA

Ottawa residents and Olympic torchbearers Cindy Wendler, left, and Mark Tremblay pose with the torch at Parliament Hill yesterday. Wendler and Tremblay, who will each be running with the torch when it comes through the National Capital Region Friday through Monday, are thrilled that "regular" citizens have the opportunity to take part. Story, page 3.

Territory thawing

N.W.T. town struggles to survive as temperatures rise

There will be no one to tell the world about the warped and wavy roads or the gulley and ditches in Tuktoyaktuk's graveyard when the world gathers at the Copenhagen climate change summit this week, and that makes Mervin Gruber's temperature rise.

No one to point out that bugs and birds now roam with the polar bears and seals, that the permanently frozen ground is thawing and a hunting spot that has existed for thousands of years is being swallowed by the Arctic Ocean.

"When I was growing up, we were getting 40-below weather for January, February and March. We'd have mountains of snow," said Gruber, the mayor of the Northwest Territories town. "Now we don't have nothing at all. We barely get to 40-below, and I just turned 47. I've seen this all change in the last 30 years."

The most frequent examples of global warming are the images of small island nations fighting back rising waterlines, warning that more emissions into the atmosphere will hasten the end of their land and their livelihoods.

The problems are just as acute here in Canada, if only a little harder for the television cameras to reach. That could soon change. Tuktoyaktuk is building a road that will one day stretch south to Inuvik.

Tourism is one reason. Survival is another.

"Eventually we'll slowly start moving our infrastructure further south," Gruben said. "As we speak, there's a no-build zone on the north shore of our community. That's going to be washing away eventually." **TORSTAR NEWS SERVICE**

Councillor celebrates 40 years since her first election

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

It was the first Monday in December 1969 that Marianne Wilkinson — then 31 years old and on maternity leave from her job as a high school teacher — was elected as a council member for March Township.

At the time, the population of Kanata was around 4,000 people. The city bureaucracy consisted of around eight people and city councillors were expected to act as city planners, recreation staff and health staff.

Since everyone on council had full-time jobs, meetings took place in the evenings.

"We got paid about $1,800 a year ... I think it was enough to pay my babysitter."
Marianne Wilkinson

"We got paid about $1,800 a year. Actually, it wasn't even that much. I think it was enough to pay my babysitter," said Wilkinson, who celebrated the 40th anniversary of her first election with a sold-out dinner and auction benefiting youth facilities at the upcoming Kanata North Recreation Complex last night.

Of the facilities, "there is going to be a youth room there, but we want to have all the facilities that go with that," said Wilkinson, now councillor for Kanata North.

Over the past 40 years, Wilkinson spent an equal amount of time in and out of elected office. When the city of Kanata was formed in 1978, Wilkinson was mayor for its first seven years.

SCHOOL BUS DRIVERS NEEDED
First Student Canada
www.firststudentcanada.com
CALL TODAY!
613-234-2287

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

CHEVROLET

NEW TOY EVENT

UP TO $4,200 IN CASH CREDIT‡ PLUS $1,000 HOLIDAY BONUS††

2010 CHEVROLET TRAVERSE LS

$29,995* CASH PURCHASE PRICE

INCLUDES $5,200 CASH CREDIT

INCLUDES $1,000 HOLIDAY BONUS

LTZ model shown††

INCLUDES • 8-passenger Seating • 281 HP 3.6L V6 VVT Engine with Direct Injection • 6-speed Automatic • Power Windows, Door Locks and Mirrors • StabiliTrak® Electronic Stability Control System • Remote Keyless Entry System • Air Conditioning • Driver and Front-passenger Frontal and Seat-mounted Side-impact Air Bags • Front-to-Rear Outboard Head Curtain Side-impact Air Bags • Second-row with SmartSlide™ and 60/40 Split-Bench Seat • Third-row with 60/40 Split-Bench Seat

THE BEST HIGHWAY FUEL CONSUMPTION OF ANY 8 SEAT CUV/SUV△

HWY: 8.4 L/100 km – 34 mpg
CITY: 12.1 L/100 km – 22 mpg

2009 CHEVROLET AVEO LS

$10,995* CASH PURCHASE PRICE WITH 0% FINANCING FOR 36 MONTHS‡

INCLUDES $2,850 CASH CREDIT

INCLUDES $1,000 HOLIDAY BONUS

HWY: 5.7 L/100 km – 50 mpg
CITY: 7.9 L/100 km – 36 mpg△

★★★★★ FIVE-STAR SAFETY RATING◊

2010 CHEVROLET COBALT XFE

$13,645* CASH PURCHASE PRICE WITH 0% FINANCING FOR 36 MONTHS‡

INCLUDES $1,850 CASH CREDIT

INCLUDES $1,000 HOLIDAY BONUS

HWY: 5.4L/100KM – 52 MPG
CITY: 8.0L/100KM – 35 MPG△

COUPE OR SEDAN

INCLUDES • 155 HP 2.2L ECOTEC® VVT Engine • 60/40 Flip-and-Fold Rear Seats • Driver and Front-passenger Frontal Air Bags • Head Curtain Side-impact Air Bags • Auxiliary Audio Input Jack • Vehicle Theft-deterrant System • 15-in. Wheels • Speed-sensitive Electric Power Steering

LT model shown with team Canada Edition Package††

LTZ model shown††

2010 CHEVROLET MALIBU LS

$20,995* CASH PURCHASE PRICE

INCLUDES $3,000 CASH CREDIT

INCLUDES $1,000 HOLIDAY BONUS

INCLUDES • 170 HP 2.4L ECOTEC® VVT Engine with Direct Injection • Automatic Transmission • Air Conditioning • StabiliTrak® Electronic Stability Control System • Power Windows, Door Locks and Mirrors • Driver and Front Passenger Frontal and Seat-mounted Side-impact Air Bags • Head Curtain Side-impact Air Bags • 4-wheel Disc Brakes with ABS and Panic Brake Assist • OnStar® with 1-year of the Directions and Connections Plan¥

HWY: 6.5 L/100 km – 43 mpg
CITY: 9.5 L/100 km – 30 mpg△

60 DAY SATISFACTION GUARANTEE˅

OR ASK ABOUT

RECYCLE YOUR 1995 OR OLDER VEHICLE AND RECEIVE UP TO $3300* IN ADDITIONAL CASH INCENTIVES.

CA$H FOR CLUNKERS

IN COLLABORATION WITH RETIRE YOUR RIDE, FUNDED BY THE GOVERNMENT OF CANADA.

Retire Your Ride
Canada's Vehicle Recycling Program

cleanair FOUNDATION

visit: ontariochevroletdealers.com

GM Canada

THE BEST COVERAGE IN CANADA
5 YEARS / 160,000 KM^
• POWERTRAIN COMPONENT LIMITED WARRANTY
• ROADSIDE ASSISTANCE
• COURTESY TRANSPORTATION
^WHICHEVER COMES FIRST. EXCLUDES MEDIUM-DUTY TRUCKS. SEE DEALER FOR LIMITED WARRANTY DETAILS.

TD VISA

Redeem your GM Card earnings today.†

STUDENT BONUS.ca GM pays the first 2 monthly payments˅

CHEVROLET

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ♦$3,000 manufacturer to dealer delivery credit available on 2009 Chevrolet Silverado and GMC Sierra HD pickups (tax exclusive) for cash customers only. $4,200/$1,850/$2,000 for 2010 Traverse LS/2009 Aveo LS/2010 Cobalt XFE/2010 Malibu LS reflected in offers in this advertisement. Credit will impact the effective APR for finance customers. See your GM dealer for details. ♦♦$1,000 holiday bonus cash is a manufacturer to dealer delivery credit (tax exclusive) and is reflected in offers in this advertisement. Offer available on all 2009/2010 Chevrolet Pontiac Buick GMC and Hummer models excluding all Saturn and Saab models, Camaro, Express/Savana, Corvette ZR1 and Medium Duty Trucks. ‡Offer applies to the cash purchase of 2010 Chevrolet (Traverse LS 1FA/Cobalt XFE Coupe or Sedan R7C/Malibu LS FWD R7C) and 2009 Chevrolet Aveo Sedan LS 1SM. Freight ($1,350/$1,350/$1,350/$1,350/$1,395). License, insurance, registration, PPSA, administration fees and taxes are not included. Cash purchase price reflects discounts or other incentives that are only available when consumers opt for cash purchase offers. By selecting lease or finance offers consumers are foregoing such credit which will result in a higher effective interest rate. ‡Financing on approved GMAC credit only; this purchase financing for 36 months available on 2009/2010 Chevrolet Aveo/Cobalt. Example: $10,000 at 0% for 36 months, the monthly payment is $277.78. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. Monthly payments and total obligation may vary with applicable taxes. ▲▲Offer applies to the purchase of a new 2009 or 2010 GM vehicle, excluding Medium Duty trucks, in an amount ranging from $500 to $3,000, depending on the model purchased. Incentive applied after taxes. If you successfully complete the "Retire Your Ride" program, you will be eligible for a $300 cash incentive. By participating in this program you will not be eligible for any trade-in value for your vehicle. GM Canada's Cash For Clunkers incentive is only available to customers who take delivery between November 3, 2009 and January 4, 2010. GM Canada's Cash For Clunkers offer may not be combined with certain other incentives available on GM vehicles, including the 60 Day Satisfaction Guarantee. See your participating GM dealer for additional program conditions and details. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Government's Retire Your Ride program and are therefore ineligible for GM Canada's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca for more information. ˅GMCL will pay the first two months' GMAC finance payments for finance terms up to 60 months only, paid up to a maximum monthly finance payment of $400 (tax included). Offer applicable to equal monthly payment finance agreements with GMAC and subject to GMAC credit approval. License, insurance, registration and administration fees not included and may be payable upon signing. Program not available to recipients of any previous GM student/graduate offer. Visit gmstudentbonus.ca for more details. †Subject to Vehicle Redemption Allowance. Visit thegmcard.ca for GM Card details including terms and conditions that apply. TD, the TD Cash Earnings and Redemption Program, The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Program. ¥Offer applies to the purchase or lease of a new 2009 or 2010 GM vehicle, excluding Medium Duty trucks, in an amount ranging from $500 to $3,000, depending on the model purchased. Incentive applied after taxes. If you successfully complete the "Retire Your Ride Program", GM Canada will provide an incentive towards the purchase or lease of a new 2009 or 2010 GM vehicle, excluding Medium Duty trucks, in an amount ranging from $500 to $3,000, depending on the model purchased. Incentive applied after taxes. If you successfully complete the "Retire Your Ride Program", you will be eligible for a $300 cash incentive. By participating in this program you will not be eligible for any trade-in value for your vehicle. GM Canada's Cash For Clunkers incentive is only available to customers who take delivery between November 3, 2009 and January 4, 2010. GM Canada's Cash For Clunkers offer may not be combined with certain other incentives available on GM vehicles, including the 60 Day Satisfaction Guarantee. See your participating GM dealer for additional program conditions and details. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Government's Retire Your Ride program and are therefore ineligible for GM Canada's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca for more information. ††Based on GM Test Fleet data. Actual fuel consumption may vary. Excludes other GM models. ◊US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2009 Chevrolet Aveo received a 5-star Rating for the driver and front passenger in the Frontal Crash Test. ††Chevrolet Traverse, LTZ, MSRP $47,205. Chevrolet Cobalt LT Team Canada Edition, MSRP $19,525. Chevrolet Malibu LTZ, MSRP $32,255. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ^OnStar® services require vehicle electrical system (including battery), wireless service and GPS satellite signals to be available and operating for features to function properly. Subscription Service Agreement required. Call 1-888-4ONSTAR (1-888-466-7827) or visit onstar.ca for OnStar's Terms and Conditions, Privacy Statement and details and system limitations. ^^GMCL will pay the first two months' GMAC finance payments for finance terms up to 60 months only, paid up to a maximum monthly finance payment of $400 (tax included). Offer applicable to equal monthly payment finance agreements with GMAC and subject to GMAC credit approval. License, insurance, registration and administration fees not included and may be payable upon signing. Program not available to recipients of any previous GM student/graduate offer. Visit gmstudentbonus.ca for more details. †Subject to Vehicle Redemption Allowance. Visit thegmcard.ca for GM Card details including terms and conditions that apply. TD, the TD Cash Earnings and Redemption Program, The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Program. ¥Offer applies to the purchase or lease of a new 2009 or 2010 GM vehicle, excluding Medium Duty trucks, in an amount ranging from $500 to $3,000, depending on the model purchased. Incentive applied after taxes. If you successfully complete the "Retire Your Ride Program", you will be eligible for a $300 cash incentive. By participating in this program you will not be eligible for any trade-in value for your vehicle. GM Canada's Cash For Clunkers incentive is only available to customers who take delivery between November 3, 2009 and January 4, 2010. GM Canada's Cash For Clunkers offer may not be combined with certain other incentives available on GM vehicles, including the 60 Day Satisfaction Guarantee. See your participating GM dealer for additional program conditions and details. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Government's Retire Your Ride program and are therefore ineligible for GM Canada's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca for more information.

News on the Move IN THREE EASY STEPS

1 DOWNLOAD THE **FREE** SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

Local

Registration for Taste of Winterlude opens

One of the most popular Winterlude events is back. Ottawa food and wine enthusiasts can now register for some of the best culinary experiences in the city. Returning for the fifth year, Taste of Winterlude runs Jan. 28 to Feb. 21 and features some of the city's best restaurants, which will offer exclusive prix-fixe menus, wine pairings and unique dining events that feature chefs, sommeliers or winemakers. For more information, visit Winterlude.gc.ca/taste. METRO OTTAWA

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

m.metronews.ca

Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page.

News in brief

BOOKKEEPING Ottawa police have charged two Merrickville residents with fraud-related offences following an investigation into a bookkeeping scam. The fraud unit initiated an investigation in June after an Ottawa-based business complained. Police said approximately $850,000 was netted over a five-year period. Dale Sinclair, and Tom Sinclair, both 44, appear in Ottawa court Jan. 7. METRO OTTAWA

metronews.ca
What's online today.

Blog Backbeat on the many names of Prince
Immigration Guidy Mamann on the extraordinary powers granted to Canadian border officials at **metronews.ca/immigration**

Lotteries

Friday, Dec. 4
Lotto Max: 01, 06, 13, 19, 32, 35 & 40 Bonus 07
Saturday, Dec. 5
Lotto 6/49: 8, 10, 14, 22, 28 & 29 Bonus 02
Sunday, Dec. 6
Ontario Pick 3: 5 3 3; Ontario Pick 4: 1 9 0 1
Encore: 3322383
Daily Keno: 1, 4, 13, 15, 16, 23, 34, 38, 41, 44, 45, 47, 51, 52, 53, 55, 58, 62, 65, 70.
These results are not official.

ADVERTISE TODAY!
1 888 91 metro (63876)

Torchbearers set for 'Olympic dream'

Area's chosen flame carriers savour 'very exciting,' long-sought opportunity

TRACEY TONG
tracey.tong@metronews.ca

VANCOUVER 2010 Games

It was 1988, and Mark Tremblay really wanted to be a torchbearer for the Calgary Olympics.

Then a graduate student in exercise physiology at the University of Toronto, the marathoner and triathlete set to work to make sure he'd have an opportunity.

Petro-Canada was holding a torchbearer contest, and Tremblay rode his bike all over the city to fill out entry forms.

"I think I applied over 1,000 times," he said.

And in the end?

"I didn't get chosen," he laughed.

Now the chief scientific officer of Active Healthy Kids Canada, director of the Healthy Active Living and Obesity (HALO) program at the Children's Hospital of Eastern Ontario and professor of pediatrics at uOttawa, the Ottawa resident will finally get his chance after being chosen as one of Coca-Cola Canada's Olympic torchbearers recently.

This Saturday at 1:56 p.m., he'll run the torch 300 metres from George Street in the ByWard Market to the entrance of the Rideau Centre.

Another torchbearer chosen through the Coke campaign, Cindy Wendler cried when she learned she had been selected. She will run with the torch in Hammond, just south of Rockland at 8:50 a.m. next Monday.

"I was just so happy. I was telling my friends and family and I was jumping up and down. It's a dream come true."

A high school math and science teacher, Wendler is an avid soccer and ultimate frisbee player, coach and runner who enjoys cross-country skiing, in-line skating, ice skating and swimming. "It's important to be active," said the Barrhaven mother of two.

It's great that the torch run involves regular citizens, she said.

Tremblay said there are some people that will start training because of this. "For some of them, it may result in a lifestyle change for the better."

"I'm regular Jane Canadian who has kids and a job," said Wendler. "That I get to do this is very exciting. This is my Olympic dream."

Vigil **Murdered women remembered**

TIM WIECLAWSKI/METRO OTTAWA

Flora Mesher Riley holds a photo of her sister Daphne Mesher Brown at the 20th anniversary memorial vigil of the massacre at École Poytechnique held yesterday evening at the monument to women in Minto Park. Along with remembering the 14 women who were murdered in Montreal on Dec. 6, 1989, participants in the ceremony also paid tribute to local women who were murdered in the past year or, like Brown, had not been recognized at the ceremony before.

Neighbourhood views on display at Bytown

For the first time, history buffs won't have to wait until spring to visit the Bytown Museum.

The museum is now open during the winter months, and this year, will feature an exhibit showing Ottawa's neighbourhoods through the eyes of the people who live there.

My Neighbourhood, My Voice, which officially opens Thursday, features the works of 125 participants, ranging in age from three to 92.

TRACEY TONG/METRO OTTAWA

Netherlands' cycling expert to share lessons

Ottawa has the potential of becoming a truly bike-friendly city, a spokesman for the Embassy of the Kingdom of the Netherlands said.

Tonight, one of the Netherlands' leading experts in cycling infrastructure will be sharing the country's best practices so that Ottawa decision makers can learn through The Hague's challenges and successes.

In a presentation hosted by the National Capital Commission and the Netherlands Embassy, project manager for the city of The Hague's cycling infrastructure, Inge Molenaar, will be answering questions on how The Hague — a city comparable to Ottawa in terms of size and layout —has become a world leader in bicycle transportation, as well as what did and didn't work for the city, said Remco Volmer, a cultural officer with the Netherlands embassy.

"There is a lot of interest in cycle safety and bicycles as a form of transport in (Ottawa)," said Volmer.

"There are more bicycles than people in the Netherlands," said Volmer. "There are 1.5 to two bikes per person — many people own more than one bicycle. It's been the main mode of transportation for at least 60, 70 years."

Although Volmer called Ottawa "a very bike-friendly city, more work can be done.

"Many people believe that with a few modest adaptations, it would already be a lot more bike friendly," he said. "In the short-term, a few modifications, like more dedicated bike lanes, and dedicated street lights for bikes, would be a good start and make people feel more safe on the road and more likely to take the bike around."

TRACEY TONG/METRO OTTAWA

Bike friendly

- The presentation is from 5 to 7 p.m. at the Christ Church Cathedral Hall at 420 Sparks St.

YEAR END SEAT SALE!
Bearskin Airlines
Let the Bear take you there!
Call 1-800-465-2327 or book online at www.bearskinairlines.com

ONE WAY TO WATERLOO FROM $114!
Getaway one more time this year! Travel before, during or after the holiday season! Every day and every destination is on sale now* for travel through February 28th, 2010. But hurry, sale ends December 13th, 2009.
Student Standby Travel Credits are also on sale and make great Christmas gifts for use over the next 13 months. Call toll free for full details!
WIN A TRIP FOR TWO! Visit www.bearskinairlines.com and register to receive *Bearmail*. One winner is randomly selected every other month!
IT'S ABOUT TIME!
Region of Waterloo INTERNATIONAL AIRPORT
aeroplan Rewarding Life FOR 25 YEARS
*Sale fares vary by flight and day of week, but every day and every flight is on sale now! Savings up to 70% off full fares. Lowest fares require round trip travel and Saturday night stay in most markets. Some markets like Kitchener/Waterloo are one way. Taxes and surcharges are extra. Call for full details!

School of Part-time Studies

ALGONQUIN COLLEGE

Pick up the Pace of your

Human Resources Certificate

Through **Algonquin College's School of Part-time Studies,** you can complete your part-time Human Resources Management certificate in just three semesters.

By registering for the courses as follows, you can graduate sooner.

Winter 2010

MGT2381	Human Resource Management
MGT2397	Employee Relations
ENL5012	Business Writing Strategies
ACC2201	Financial Accounting I

Spring 2010

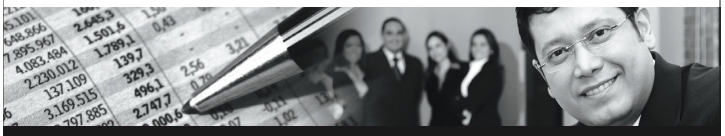
MGT2384	Training and Development
MGT2388	Compensation Management
MGT2382	Organizational Behaviour
LAW2380	Law of the Workplace

Fall 2010

MGT2393	Recruitment and Selection
MGT2396	Occupational Health and Safety
MGT2391	Human Resources Planning
ACC5015	Finance and Accounting (HRPAO)

QUESTIONS?

Call the School of Part-time Studies at 613-727-7655.



For course details and dates, please visit www.algonquincollege.com/hrmgt

Police pursue Park 'n' Ride pilferers

Ottawa police are investigating a knife-point robbery that occurred at an OC Transpo Park 'n' Ride on Eagleson Road over the weekend. METRO OTTAWA

Keeping the lights on

Winter Warmth Program kicks off 5th year

TRACEY TONG
tracey.tong@metronews.ca

A program to help low-income families and individuals who have trouble paying their natural gas and electricity bills when the cold weather strikes has returned to the National Capital Region.

The fifth annual Winter Warmth Program — a collaboration between United Way Ottawa, Enbridge Gas Distribution and Hydro Ottawa — has been launched for the 2009-2010 season.

Last winter, 255 families — including 850 people, 471 of whom were children — in the Ottawa area received assistance with their heating bills. That's up from the 207 households that were assisted the previous winter. In total, more than 726 Ottawa households have received financial assistance to help pay their electricity bills over the last four years.

"The leadership of these organizations has helped to keep the lights and heat on for hundreds of families in Ottawa," said Michael Allen, president and CEO of United Way Ottawa. "Our community has benefited greatly from their commitment to this program."

Low-income households who are in arrears or at risk of going into arrears on their energy bills can find information about the Winter Warmth Program at their nearest community organization or by contacting the Salvation Army Ottawa Booth Centre.

Bluesfest backs youth music program

TRACEY TONG
tracey.tong@metronews.ca

MUSIC Give your unused instruments a new lease on life. Cisco Ottawa Bluesfest is calling on Ottawa residents to donate their unused instruments to children in need.

Be in the Band — a program that mentors young people and at-risk youth in various communities such as Michele Heights, Lowertown, and Russell Heights through music programs — is now accepting donations.

The Cisco Ottawa Bluesfest musical instrument drive is held today through Friday, Dec. 18 at the Ottawa Bluesfest headquarters at 265 Catherine St. from 10 a.m. to 4 p.m. or at Compact Music store locations during business hours.

News in brief

ROBBERY Ottawa police have laid additional charges against an Ottawa man in relation to two robberies. A gas station on Fallowfield Road was robbed on Nov. 24 and another on Woodroffe Avenue on Nov. 25. John Allan Kennedy, 34, faces charges including two counts of each robbery, breach of probation and breach of recognizance.

METRO OTTAWA

AT $199*, IT'S NEVER BEEN EASIER TO BRING HOME AN XBOX 360®.

XBOX 360®

*Suggested retail price of Xbox 360® Arcade System. Actual retail prices may vary.

Man, youths charged with murder
A man and three males under 18 have been charged with murder after someone walked into a house party in Winnipeg and opened fire, killing two young men. THE CANADIAN PRESS

Canada

No plans to budge at Copenhagen

Prentice says unreasonable targets off table

Go Green

Canada's climate negotiators won't leave any extra room in their suitcases to bring further concessions to global-warming talks in Copenhagen.

Environment Minister Jim Prentice says Canada's targets to reduce greenhouse gases aren't up for negotiation when countries meet today in the Danish capital.

"We have been through a lot of negotiation to this point, and we've put on the table targets that we know we can live with and are achievable," Prentice told The Canadian Press last week.

"We've not put targets on the table that have some room built into them to increase them.

"We were very clear at the outset that to avoid a repetition of Kyoto, we would go into this process with real targets, practical targets that we know the country can achieve."

The Harper government's take-it-or-leave-it approach to Canada's targets comes as countries make their final preparations for what's expected to be a difficult 12 days of United Nations climate talks. The conference has been portrayed by some as the world's last chance to strike a deal to avert the catastrophic effects of a warming planet.

But expectations have fallen recently because rich and developing countries still disagree on some key points, and there's not enough time left before the summit to break the deadlock.

Now nearly all participants believe the most that will come out of Copenhagen is an blueprint that sets out a timeline.

THE CANADIAN PRESS

Delegation

- Prime Minister Stephen Harper will join Canada's delegation during the final days of the summit for a meeting of world leaders. U.S. President Barack Obama has re-jigged his schedule and will now join other leaders in Copenhagen. Getting the world's biggest polluters, including China and the United States, to sign on to a new agreement is seen as a top priority.

m.metronews.ca
SCANLIFE

Clenched fists will join red-mittened hands as protests along the Olympic torch route are likely to ramp up as the flame heads west. Scan this barcode for the full article.

Halifax **Memorial**

ANDREW VAUGHAN/THE CANADIAN PRESS

Members of the Halifax Regional Fire and Emergency Services pipes and drums band head from the Halifax Explosion memorial service in Halifax yesterday. Two supply ships, one carrying munitions, collided in the harbour on Dec. 6, 1917. Around 2000 people were killed and over 9,000 people injured in the explosion and fire that followed.

News in brief

MILITARY In the five months they have to establish a security zone around the insurgent snake pit known as Kandahar city, Canadian troops will be working to turn local allegiances in an effort to marginalize the Taliban. Changes to Canada's area of operation, made public by NATO earlier this week, have resulted in a significant re-organization of how and where the country's soldiers are being deployed.

THE CANADIAN PRESS

HOME PHONE LINES
ALL FEATURES FREE!

Voicemail
Call Waiting
Caller ID
Call Forwarding
AND MUCH MORE!

'TIS THE SEASON TO SAVE

ENHANCED	UNLIMITED CANADA	ONE RATE	GLOBAL
$14.95/MONTH	$19.95/MONTH	$29.95/MONTH	$39.95/MONTH
UNLIMITED LOCAL CALLING	UNLIMITED CALLING TO CANADA	UNLIMITED CALLING TO CANADA & U.S.A.	UNLIMITED CALLING TO 25 COUNTRIES!
ALL FEATURES FREE	ALL FEATURES FREE	ALL FEATURES FREE	ALL FEATURES FREE

LIMITED TIME OFFER
6 MONTHS FREE!

SATISFACTION GUARANTEED!
KEEP YOUR EXISTING PHONE NUMBER!

613-216-6096
comwave
www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911The Global Home Phone plan is limited to 3000 minutes per month. Excess minutes used will be billed at 3.99 cents per minute. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. One Rate plan does not include calls to the Yukon, Nunavut, N.W.T, Hawaii or Alaska. The rates are based on a 3 year term. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. Rate guarantee is based on competitors lowest advertised rate for like services. The 6 months free promotion does not apply to the Global Home Phone Plan.Limited to 3000 minutes per month. The rates are based on a 3 year term. 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Terms and conditions apply, see www.comwave.net for details

National body proposed to investigate animal shelters

A raid on the Toronto Humane Society resulting in animal cruelty charges is prompting calls for a national body to audit animal shelters. THE CANADIAN PRESS

Harper pays tribute to Canada's H.K. heroes

WWII soldiers died in battle for colony

Stephen Harper's Asian tour moved yesterday from mainland China to Hong Kong, where the prime minister participated in an annual commemorative service at the Sai Wan War Cemetery, honouring the Canadian soldiers who defended the territory during the Second World War.

"Today, we acknowledge our eternal debt to those who have served our country," Harper said. "We are also reminded of the gratitude we owe to those who continue to defend our values in Afghanistan and elsewhere around the world."

A vastly outnumbered contingent of Canadians, along with troops from Hong Kong, the United Kingdom and India, defended the territory against Japanese invaders for 17 days, finally surrendering on Christmas Day, 1941. Canadian troops endured heavy losses during the campaign.

550 Number of Canadian soldiers who died, either in battle or in captivity, while defending Hong Kong during the Second World War

Harper told the Sunday service that Canada "has never wavered in its defence of freedom, democracy and justice."

Among those attending the ceremony was Patricia Osborn, daughter of Army Sgt. Maj. John Osborn, a Canadian who died in Hong Kong after throwing himself on a grenade to save the lives of his comrades.

Osborn, of the Winnipeg Grenadiers, received a posthumous Victoria Cross for his actions, becoming the first Canadian in the Second World War to receive the medal.

Today, the prime minister is scheduled to visit the demilitarized zone between the two Koreas and lay a wreath at the Seoul National Cemetery to honour Canadians killed during the Korean War.

Squeezed in between the two events, Harper will deliver a speech to the South Korean national assembly, becoming the first Canadian prime minister to do so.

THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

The Riverview adult residential centre in Riverton, N.S., is slated to receive a multimillion-dollar renovation after the release of chilling stories involving staff abusing patients.

Reports describe abuse of mentally disabled patients

ABUSE In one case, a mentally disabled resident at a Nova Scotia residential centre was described as being dragged by her leg down a hallway. In another, a worker is reported to have sprayed water on a female resident's head "to the point where she was gasping for air."

The descriptions of mistreatment are contained in reports stemming from 49 cases of abuse at Nova Scotia residences between October 2007 and July 2009.

John Cox, the Nova Scotia spokesman for People First, an advocacy group for the mentally disabled, said he found the descriptions unsettling.

"Some of this is vindictive, basically payback. … It could definitely be avoided," he said after reading the descriptions, obtained by The Canadian Press under a freedom of information request.

The provincial government says that since the reports were filed, staff have been fired or disciplined, additional training is in place, and an auditor in the Department of Community Services is reviewing each case that's received.

Denise Peterson-Rafuse, the minister of community and social services, said she plans to overhaul the legislation that governs the facilities to give her direct supervisory power.

The reports say 21 of the abuse cases happened at the aging Riverview adult residential centre in Riverton, N.S., which has about 100 residents with various mental illnesses and disabilities. THE CANADIAN PRESS

Reporter kidnapped in Somalia to return to Canada this week

HOME FREE Freed Canadian hostage Amanda Lindhout is expected to return to Canada early this week.

A website devoted to her release posted a message saying the Canadian government will send a plane to Kenya for Lindhout and her family.

A spokeswoman for the Department of Foreign Affairs refused to confirm the news, saying the family is asking for privacy.

Lindhout, a journalist, was freed Nov. 25 after spending 15 months in brutal captivity in Somalia. Since then she has been in Kenya undergoing medical treatment and recuperating from her ordeal. The families of Lindhout and Australian photographer Nigel Brennan reportedly paid a ransom of close to half a million dollars.

THE CANADIAN PRESS

Feds dithered on float plane safety advice

AVIATION Transport Canada knew of the danger of submerged float planes long before the tragic deaths of six people last month near Saturna Island, B.C. Rather than act on various safety recommendations, such as quick-release doors, the department decided more research was needed. A 2008 internal memo said safety changes should be put on hold in "deference to other civil aviation priorities." THE CANADIAN PRESS

Off on the wrong foot

A woman from Sudbury, Ont., who is trekking solo across Antarctica says she is doing fine despite a "pretty serious fall" down an icy crevasse at the start of her expedition, CBC News Online reports. Meagan McGrath is attempting a 45-day, 1,100-kilometre journey on foot or on skis from Antarctica's coast to the South Pole. METRO NEWS SERVICES

RCMP watchdog to release Dziekanski report

The independent body in charge of keeping watch over the RCMP will release its report this week into the death of Robert Dziekanski, assessing the conduct of the four officers who repeatedly stunned him with a Taser at Vancouver's airport.

The report by the Commission for Public Complaints Against the RCMP will also look at the subsequent police investigation of his death, which has come under harsh criticism as details have emerged at a British Columbia public inquiry.

While the high-profile inquiry in Vancouver has been grabbing headlines and stirring controversy, the commission has spent the past year quietly conducting its own probe.

Commission chairman Paul Kennedy will be in Vancouver tomorrow as he releases his findings.

There are persistent questions and an ongoing legal challenge by the officers involved over whether the public inquiry, which was ordered by the B.C. government and finished hearings in October, has any power to pass judgment on members of a national police force.

But Kennedy's jurisdiction is clear. "The complaints commission is the only organization which has been specifically tasked by Parliament to examine the conduct of RCMP members," said Kevin Brosseau, director of operations for the body.

The report's release will be one of Kennedy's final acts as the head of the commission, since the federal government isn't renewing his appointment.

As discrepancies have emerged between the officers' account of the events and an eyewitness video, the case has been held up as an example of why the RCMP shouldn't investigate itself. THE CANADIAN PRESS

Robert Dziekanski's death

- Robert Dziekanski arrived in Canada from Poland in October 2007, speaking no English. After spending 10 hours in the Vancouver airport, he became agitated and began throwing furniture. Police approached and, within seconds, one of them deployed a Taser five times, continuing even after Dziekanski was writhing on the floor in pain. Within minutes, he was dead. None of the four officers was charged.

Latin American tour **Bienvenida**

MARCO UGARTE/THE ASSOCIATED PRESS

Gov. Gen. Michaëlle Jean arrives in Mexico City yesterday to begin a visit. She will also travel to Costa Rica and Guatemala.

Thousands without power after blizzard hits Maritimes

STORMY WEATHER An early winter storm dumped 10 to 15 centimetres of snow on much of the Maritimes yesterday, and was expected to peak in Newfoundland and Labrador's Avalon Peninsula with larger accumulations and strong winds.

Nova Scotia Power was reporting power outages for about 5,000 customers around the province, while NB Power was reporting about 1,700 customers had lost power due to the storm.

Environment Canada said Prince Edward Island, Nova Scotia and New Brunswick could expect to see about 15 centimetres by last night. Up to 30 centimetres were forecast for the Avalon Peninsula.

Strong winds were also lashing the region, with gusts expected to reach 80 kilometres per hour in St. John's, N.L.

THE CANADIAN PRESS

News in brief

DERAILMENT Work is underway to extinguish a fire that has sent up a thick plume of black smoke from the scene of a derailed Canadian National train near the Saskatchewan-Manitoba border. No one was injured in the 36-car derailment.

MISSING Police and volunteers continued to search last night for a seven-year-old autistic boy who wandered away from his home in rural Cape Breton, N.S., as a snowstorm approached. The boy cannot speak and was wearing no winter clothes. THE CANADIAN PRESS

HIGHEST GIC RATES
TFSA, RRSP, NON-RRSP
Ask for your FREE copy of "GIC Shopping Tips"
Deposits protected under ASSURIS, Insurers' equivalent to Banks' CDIC. Rates subject to change without notice. *Certain conditions apply. Source: Cannex Financial Exchanges Ltd. Date: December 1st, 2009
*3.525% 5 Year Term
*3.750% 6 Year Term
CALL NOW
613.842.8809
FirstRateInsurance.com
First Rate INSURANCE

TODAY ONLY
MONDAY, DECEMBER 7
ONLY 18 DAYS LEFT UNTIL CHRISTMAS

$79.99
Women's FRANCO SARTO boots
Reg. up to $190
Available in 5 styles. Limit 3 per customer.

vancouver 2010
HUDSON'S BAY CO. OFFICIAL OUTFITTER
Official Outfitter of the Vancouver 2010 Olympic Winter Games
the Bay

Shop early. Don't be disappointed. No rain checks & no price adjustments. Offers available while quantities last. Selection will vary by store. Cannot be combined with any other offer.
Savings are off our regular prices, unless otherwise specified. See in-store for details.

Survivor returning to Pearl Harbor for first time since attack

Eighty-six-year-old Pearl Harbor survivor Ed Johann is due to return to Pearl Harbor today for the first time since the Second World War to attend a ceremony marking the 68th anniversary of the Japanese attack. THE ASSOCIATED PRESS

World

Adviser speculates on bin Laden

U.S. national security adviser James Jones said yesterday that al-Qaida leader Osama bin Laden still spends some time inside Afghanistan. Most recent U.S. estimates have placed bin Laden inside Pakistan. But Jones, a retired general, said the best estimate is that bin Laden "is somewhere in North Waziristan, sometimes on the Pakistani side of the border, sometimes on the Afghan side of the border." THE ASSOCIATED PRESS

Iran cuts Internet access on eve of protests

Government opponents shouted "Allahu Akbar" and "Death to the Dictator" from Tehran's rooftops in the pouring rain on the eve of student demonstrations planned for today. Authorities choked off Internet access and warned journalists working for foreign media to stay in their offices for the next three days.

Opposition leader Mir Hossein Mousavi threw his support behind the student demonstrations and declared that his movement is still alive.

A statement posted on his website said the clerical establishment cannot silence students and was losing legitimacy in the Iranian people's minds.

"A great nation would not stay silent when some confiscates its vote," said Mousavi, who claims President Mahmoud Ahmadinejad stole the June election victory from him by fraud.

Supreme Leader Ayatollah Ali Khamenei accused the opposition yesterday of exposing divisions in the country and creating opportunities for Iran's enemies. Iran's universities have been strongholds of the opposition movement that grew out of the disputed election, and authorities have besieged campuses nationwide with a wave of arrests and expulsions.

The pro-government Basij militia has also recruited on campuses to blow the whistle on any opposition troublemakers, according to students. THE ASSOCIATED PRESS

m.metronews.ca
SCANLIFE
The ransom-fuelled luxury lifestyles of Somali pirates are creating havoc for the country's economy while infuriating its religious leaders. Scan this barcode for the full article.

Greece Anniversary of riot brings more violence

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

A protestor throws stones at riot police during clashes in Athens yesterday. Protesters hurled rocks and burning garbage at police as violence erupted during a march to mark the first anniversary of the police shooting of a teenager, whose death sparked massive riots.

Cruelty charges for reality contestants

AUSTRALIA Two stars of the reality TV show I'm a Celebrity ... Get Me Out of Here have been charged with animal cruelty after allegedly killing and cooking a rat to eat during filming.

Chef Gino D'Acampo, who won the viewer-feedback contest series, and actor Stuart Manning were charged after animal welfare activists lodged a complaint about a segment for the British TV program, which was filmed in Australia. The show's producer, ITV, confirmed in a statement that "the New South Wales RSPCA are currently looking into an incident in which a rat was killed in the camp." The show strands C-list celebrities in the Australian jungle and allows the public to vote them off the show one by one. THE ASSOCIATED PRESS

Obama challenged to act on climate change without Congress

DENMARK By executive action, the Obama administration can boost the U.S. target for reducing greenhouse gas emissions beyond levels envisioned in legislation working its way through Congress, the head of the UN climate science network said yesterday.

"There is scope for going above what is going to be legislated," Rajendra Pachauri, chairman of the Intergovernmental Panel on Climate Change, told The Associated Press on the eve of the UN climate conference in Copenhagen.

U.S. Senate and House bills capping carbon dioxide emissions would reduce them by 17 to 20 per cent by 2020, compared with 2005 levels. Compared with 1990 levels, the standard UN benchmark, that's only a three to four per cent reduction, experts calculate, a contribution far short of what scientists say is needed among industrial countries to avoid dangerous climate change.

Environmentalists have long urged the U.S. Environmental Protection Agency to act on its own, without Congress, to rein in carbon dioxide, the most important greenhouse gas blamed for global warming.

Two years ago, the U.S. Supreme Court held that greenhouse gases were pollutants under the Clean Air Act, enabling the EPA to take action, but the administration of President George W. Bush opposed using the act to address climate change.

Last April, under President Barack Obama, the EPA said for the first time it was ready to use the Clean Air Act to curtail release of carbon dioxide from the burning of fossil fuels, and other climate-changing pollution.

It did so by declaring that CO2 and five other greenhouse gases are a major hazard to Americans' health. In October, it proposed rules to require emissions reductions by power plants, factories and refineries. THE ASSOCIATED PRESS

Three held after deadly fire

RUSSIA Grieving relatives yesterday began to bury the victims of a nightclub fire that left at least 112 people dead, as four people were ordered held pending an investigation into the country's worst blaze in decades.

About 130 people remained hospitalized with injuries from the early Saturday blaze, which witnesses said was sparked by onstage fireworks that shot into the decorative twig ceiling of the Lame Horse club in the industrial city of Perm.

Mourning residents of the Ural Mountain city of more than one million were indignant over the alleged negligence in a country where enforcement of fire safety standards is infamously poor and there have been several catastrophic blazes in recent years.

Nadezhda Zhizhina placed flowers on the icy ground outside the Perm City Morgue in memory of her 21-year-old son, Sergei.

"I can't even imagine what to do," Zhizhina said, weeping. "He was a golden boy." THE ASSOCIATED PRESS

Negligence?

- The federal Investigative Committee said the suspects — the club's owner, the executive director, the artistic director and a businessman hired to install pyrotechnics on the night of the blaze — were ordered taken into custody by Leninsky District Court. The committee's website said they were suspected of negligence causing multiple deaths and violating fire safety rules causing multiple deaths.

Hopewell Presents:
A Family Education Night
Help for the Holidays
with Dr. Steve Feder
Do you have a loved one struggling with an eating disorder?
Chat one-on-one with one of Ottawa's leading eating disorder specialists – Dr. Steve Feder
Hopewell
Community support for everybody affected by an eating disorder
This event is made possible through a generous grant from Green Shield Canada
www.hopewell.ca
When:
Tuesday December 8th, 2009
6:00pm-7:30pm
Where:
Heartwood House Gallery
153 Chapel St., Ottawa
Free Admission
Snacks & refreshments will be provided
For more information contact Hopewell at 613.241.3428 or e-mail info@hopewell.ca

Morales re-elected in Bolivia
Bolivian President Evo Morales easily won re-election yesterday according to unofficial results. THE ASSOCIATED PRESS

Psychiatrist back on stand

Utah court seeks to determine whether accused in Smart abduction is competent to face trial

A psychiatrist is expected in a Utah federal court today to discuss the religious writings of Elizabeth Smart's alleged abductor, a self-proclaimed prophet who is said to have claimed in his work that she went with him willingly as a young girl and with the permission of her parents.

Brian David Mitchell drafted the Book of Immanuel David Isaiah II after his arrest and interrogations by police in March 2003, according to Dr. Michael Welner.

In the work, Mitchell addresses the charges levied against him and writes that no weapons or violence were used when Smart was taken from her home in June 2002.

Smart

"He clothes his defence in a religious document," Welner said Friday in U.S. District Court. "But it's advocacy, he's making his best argument."

Welner has been paid $500,000 US to evaluate Mitchell for federal prosecutors. A 10-day hearing is being held in Salt Lake City to determine whether Mitchell, 56, is competent to stand trial. The book outlines Mitchell's beliefs, drawing heavily from the Bible and the Book of Mormon, while also including ideas from a New Age spiritualist, a lymphologist and other writers.

Mitchell, who claimed in his first book that God had made him head of The Church of Jesus Christ of Latter-day Saints, was indicted in 2008 by a federal grand jury on charges of kidnapping and unlawful transportation of a minor across state lines.

If ever convicted, he could spend the rest of his life in a federal prison.

Smart was just 14 when she was taken from her bedroom in June 2002. She was recovered in March 2003 walking a suburban street with Mitchell and his wife. In October, she testified that she was taken at knifepoint, forced to marry Mitchell within hours of her abduction and raped daily throughout her captivity. THE ASSOCIATED PRESS

Nobel winners urge help for women

SWEDEN The two female winners of this year's Nobel Prize in medicine yesterday urged scientific institutions to change their career structures to help more women reach top positions.

Americans Elizabeth H. Blackburn and Carol W. Greider said as many women as men start out in science but are often unable to advance after having children because of a lack of flexibility.

"The career structure is very much a career structure that has worked for men," Blackburn told The Associated Press at the sidelines of a press conference in Stockholm.

"But many women, at the stage when they have done their training really want to think about family ... and they just are very daunted by the career structure. Not by the science, in which they are doing really well."

"Many women, at the stage when they have done their training really want to think about family ... and they are just very daunted by the career structure."
Elizabeth Blackburn

The two laureates spoke to reporters ahead of next week's Nobel Prize ceremony. They will share this year's medicine prize with Jack W. Szostak for discovering how chromosomes protect themselves as cells divide — work that has inspired experimental cancer therapies. It is the first time two women have shared a single Nobel science prize. Over the years only 10 women have won the medicine prize.

Blackburn said a more flexible approach to part-time research and career breaks would help women continue to advance their careers during their childbearing years. THE ASSOCIATED PRESS

News in brief

ABUSE More than 500 people in the Northwestern U.S. filed claims against the Oregon Province of the Society of Jesus, alleging members of the Catholic order sexually abused them as children. The Spokesman-Review in Spokane, Wash., reports the claims against the Jesuits span decades and range from Native Alaskan children to students at Spokane's Gonzaga Preparatory School. The Jesuits already have settled 200 additional sex-abuse claims.

AUSTRALIA The wildfires that blazed across Australia's Victoria state last February were the most destructive in the history of a country that faces more than 50,000 fires a year. In the end, 173 people were killed and more than 2,000 homes destroyed. As a new fire season begins in Australia's south, residents and state governments alike say they are better prepared. THE ASSOCIATED PRESS

WINTER
ART CLASSES START
JAN. 8TH 2010
MARCH BREAK CAMPS
MARCH 15TH - 19TH 2010
OSAE OTTAWA SCHOOL OF ART ÉCOLE D'ART D'OTTAWA
SHENKMAN ARTS CENTRE
613.241.7471 613.580.2765
www.artottawa.ca

STOREWIDE SALE
SANTA'S LITTLE HELPERS
What's not to love? Part-sock, part-slipper & completely cozy with no-slip bottoms — a gift sure to make them smile.

$9.99
All women's novelty holiday socks & slipper socks
By HUE & CHRISTMAS STREET
Reg. up to $20.
ALSO
30% OFF
All women's slippers
Excludes items with 99¢ price endings.
Off our regular prices.
Selection varies by store, while quantities last.
December 7th until December 10th
the Bay

Sears
HOLIDAY COUNTDOWN
SALE ON NOW
New gift ideas. Every day. All holiday season long.
18 SHOPPING DAYS LEFT!

Receive
$100 in savings for 6 months
on cosmetics & fragrances
when you spend $75 or more* on your Sears® MasterCard® or Sears Card on cosmetics or fragrances.

Other retailers offer $10 discounts but Sears offers $15 in beauty savings each month from January to June 2010 plus receive a complimentary ticket to our April cosmetics gala.

Offer ends Thursday, December 10, 2009
Limit one per customer

*Before Taxes

Buy 2, Get 3rd for a Loonie
on already-reduced clearance-priced men's, women's & kids' fashions, women's hosiery and men's & women's footwear
Third item must be of equal or lesser value and must accompany any returns. Offer valid on in-stock items in our Sears Department stores only. Selection varies by store. While quantities last. Excludes walking and athletic shoes, kids' footwear, luggage, handbags, women's accessories, women's intimate apparel, jewellery, watches, cosmetics & fragrances. Offfer ends Tues., Dec. 8, 2009

NE122G409 © 2009. Sears Canada Inc.

10 world

Obama rallying Senate Democrats behind health bill

U.S. President Barack Obama is trying to rally Senate Democrats to stand together on his broad health care overhaul amid signs of progress on the divisive issue of whether the government can compete with private industry in selling insurance.

Obama planned to appear at a Senate Democratic caucus meeting in response to appeals from a number of lawmakers for him to step in and help Majority Leader Harry Reid promote the plan.

"The president is going to come in and urge us to bring this ball across the line, to finish this, as he should. This is an historic opportunity," said Illinois Sen. Richard Durbin.

But Sen. John Cornyn, a Texas Republican, said, "I regret that the president is going to continue what has been a partisan approach to health care reform," Cornyn said.

Obama and Reid must unite liberals and moderates in the 60-member Senate caucus, even as moderates balk over abortion and the option of government-run health insurance. Sixty is the precise number needed to overcome Republican stalling tactics in the 100-member chamber, so Reid doesn't have a vote to spare.

"I think if we don't deliver, we've got a problem," said Sen. Dianne Feinstein, a California Democrat, when asked on a Sunday TV talk show about the political consquences for Democrats should they fail to produce a bill before congressional midterm elections next year.

The nearly $1-trillion, 10-year legislation being debated in the Senate would provide coverage to more than 30 million uninsured Americans over the next decade, with a new requirement for nearly everyone to purchase insurance. THE ASSOCIATED PRESS

News in brief

ROMANIA Exit polls showed ex-foreign minister Mircea Geoana, leader of the Social Democrats, defeating incumbent Traian Basescu in the Romanian presidential race. Geoana said the result from yesterday's runoff was "a victory for normalcy, a victory for decency."

GAZA Health officials announced yesterday Gaza's first five cases of swine flu. World Health Organization official Mahmoud Daher said the situation is grave since the territory has only 1,000 doses of vaccine for around 8,000 health-care workers.

THE ASSOCIATED PRESS

You could WIN $240 Just in time for the holidays!
Enter for your chance to win one of four prize packages from the merchants of 240 SPARKS! You could win $240 in gift certificates to spend at 240 SPARKS, just in time for the holidays!
To enter, visit www.metronews.ca
metronews.ca 240 SPARKS metro
For complete contest details, visit www.metronews.ca.

OTTAWA
Managing Editor, Tracey Tong
Sales Manager, Dara Mottahed
Distribution Manager, Bernie Horton

METRO CANADA
Group Publisher, Bill McDonald
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

OC Transpo issues still unresolved after strike

Back in October, I rejoiced the OC Transpo labour dispute was finally over, settled by arbitration 10 months after the end of the strike. It was nowhere near over, as it turns out.

Neither side proved able to co-operate on the details and the file's gone back to arbitrator Brian Keller.

Evidence of bad faith abounds. A management memo leaked to the media in October pointed to a wave of sick days, reportedly almost 1,110 in a two-week period.

And The city auditor's report last week drew attention to city employee absenteeism, though it hardly looks like an epidemic of malingering. According to the report, it averages out to 10.6 days a year, compared to 10.2 days in the private sector.

OC Transpo drivers, though, racked up 16 days last year, closer to the 16.2-day no-show rate in the federal civil service. While assuring riders these absences were not affecting service, Transpo started denying vacation and other leave.

Our bus drivers are about as front-line a city employee as can be, dealing directly every day with a germy public. Is it not possible that one of the reasons they take more sick days is because they get sick more?

Steve Collins lives, writes and walks in Ottawa; ottawaletters@metronews.ca

Views

Key to a happy holiday? Start early

Today in our series on Prepping for the Holidays: Planning Ahead.

Everyone knows the key to a successful event is planning ahead. When it comes to the holidays, I am a believer in making careful, early plans. I don't actually do it, but I'm a great believer in it. Usually, my holiday shopping plans go like this:

August: Plan ahead. Make list. Buy lovely thoughtful gifts for two sisters and hide away. Feel smug. Ignore gift list for the rest of month.

September: Cannot find list. Make new one. Nephews want Turbo-Ranger dolls at $44.95 each. Decide to wait till they go on sale. Buy lovely thoughtful gifts for my two sisters. Remember I already got them something. Damn. Could possibly give it to newspaper delivery man. Wonder if he likes "cinnamon mist" body spray. Need to regroup. Abandon shopping efforts.

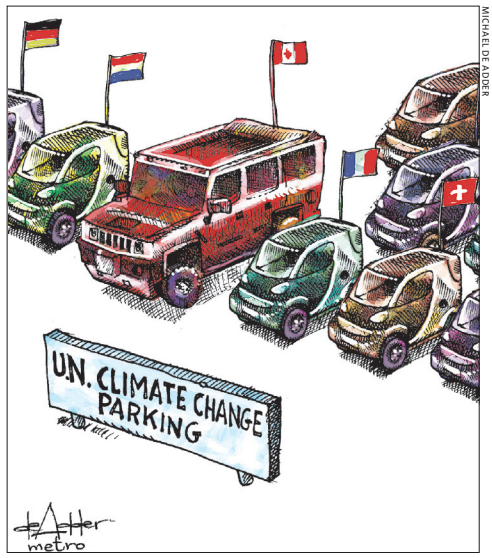
November: Really serious now. March into store and buy lovely, thoughtful gifts for my two sisters. Damn. Wonder if free sample that came with makeup purchase can be given to best friend without her knowing. Break down and decide to purchase "Turbo-Rangers." Stores are sold out. Company spent so much on advertising they could only afford to make six. Believe clerk who says, "We're getting more next week." Buy Christmas cards. Delighted to have finally accomplished something.

Mid-December: Hate everyone on list. Would pay almost anything for Turbo-Ranger doll

Late December: Will buy anything for anyone. See everything as potential gift. "Hmmm … masking tape. Maybe my mother would like masking tape." Have completely forgotten where I hid gifts bought in August. Pour myself large rum and eggnog, sans eggnog, and try to forget.

Christmas Day: Everyone loves everything. Such joy to give gifts to people I love. And next year, I'll start much earlier.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



Tell us your views by email to ottawaletters@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Ottawa 130 Slater Street, Suite 300, Ottawa, ON K1P 6E2; Tel: 613-236-5058 • 1-888-916-3876; Fax: 1-866-253-2024; Advertising: 613-236-5058 • adinfoottawa@metronews.ca; ottawa_distribution@metronews.ca

Offer subject to change without notice. *LG Eve available with new activation on any 3-yr. term voice and data plan. Other devices featured available with new activation on any 3-yr. term voice and data plan having min. combined monthly service fee of $45.
© 2009 Rogers Wireless.

Hong Kong accepts Canadian beef exports
Canadian beef exporters have regained access to the Hong Kong market following a meeting between Prime Minister Stephen Harper and the former British colony's chief executive. In a news release, Harper said that regaining access to Hong Kong sends a strong signal to all Asian markets. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
US 94.53¢ (Friday's close)	US $4.58 (Friday's close)	US $75.47 (Friday's close)	11,510.80 (Friday's close)

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Love the phone, hate the plan

CELLPHONES About 22 million Canadians use mobile devices such as cellphones and smartphones to communicate every day.

And the vast majority use plans offered by the country's three biggest telecommunications companies: Bell Canada, Rogers Communications Inc. and Telus Corp.

But industry experts say most of us are so distracted by those bright and shiny devices, we put very little thought into selecting the right monthly plan.

Peter Pham, CEO of U.S. website BillShrink.com, estimates that about 80 per cent of us overpay on our cellphone bill, as we tend to opt for features, and continue paying for them, even when we don't use them much.

TORSTAR NEWS SERVICE

Don't gamble with their future
invest in it
Your CREDIT UNION
yourcu.com

Metro launches new iPhone app

Metro Canada is launching the country's first fully bilingual news application for the iPhone and iPod touch.

"Metro is quickly establishing itself as a leader in the mobile space and we're the only daily newspaper publishing in both official languages, so it makes sense that we would be the ones to reach this milestone first," said Jodi Brown, marketing and interactive director for Metro Canada.

The application was developed for Metro by a Canadian company, Spreed Inc.

"The launch of this application will continue to build on our success at reaching young, active, connected metropolitans and offering advertisers exciting new ways to reach consumers," said Brown, predicting that the rapid growth seen since the launch of the first (all English) Metro iPhone app — 1,300 per cent increase in mobile page views in three months — will accelerate even more with the addition of Montreal.

METRO NEWS SERVICES

m.metronews.ca
ScanLife
Chinese wind power companies are making aggressive moves to cash in on green movement in Western markets. Scan this barcode for the full article.

Unveiling Space travel

VIRGIN GALACTIC

An illustration of SpaceShipTwo is pictured. To be unveiled today in California, the ship will carry passengers on a trip into sub-orbital space. Fourteen Canadians have booked the two-hour space flight with Virgin Galactic, one of the many companies belonging to tycoon Richard Branson.

Business in brief

JOBS Statistics Canada said 79,100 new jobs were created last month across the country, with Ontario leading the surge. The remarkable growth dropped the national unemployment rate down a notch to 8.5 per cent, the federal agency reports. The number of new jobs were part of a surge in private sector hiring across the county, which saw 27,000 jobs created in Ontario.

TORSTAR NEWS SERVICE

AudioTronic · Best Buy · Future Shop · Walmart · Zellers · Koodo shop

Ottawa
Billings Bridge Plaza
Carlingwood Mall
Les Galeries de Hull
Place d'Orleans
Promenades de l'Outaouais
Rideau Centre
St. Laurent Centre

Belleville
Quinte Mall

Kingston
Cataraqui Town Centre

Alabama to play Texas
No. 1 Alabama will play No. 2 Texas in the BCS national U.S. college football championship game, a second straight Southeastern Conference versus Big 12 matchup to decide the title. THE ASSOCIATED PRESS

Sports

Wotherspoon retiring

Jeremy Wotherspoon, left, is planning to step away from speedskating once the current season ends. The long-track star from Red Deer, Alta., widely considered the greatest sprinter of all time, made the revelation yesterday, several hours after making more progress in his comeback from the broken left arm he suffered last year. THE CANADIAN PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

OT win keeps Saints perfect

NFL

Saints 33 Redskins 30 (OT)

AT

The New Orleans Saints are still perfect.

Garrett Hartley kicked an 18-yard field goal 6:29 into overtime yesterday, and the Saints improved to 12-0 with a 33-30 victory over the Washington Redskins.

The Saints clinched the NFC South with a far-from-perfect win that shows just how charmed their season is becoming. They trailed by seven points late in regulation when Washington's Shaun Suisham was wide right with a gimmie 23-yarder that would have sealed the victory for the Redskins (3-9).

Instead, Drew Brees led an 80-yard drive with no timeouts, taking just 33 seconds to tie the game. He hit Robert Meachem over the middle for a 53-yard touchdown with 1:19 to play.

COLTS 27, TITANS 17

At Indianapolis, the Colts tied the NFL record for longest winning streak, beating Tennessee for its 21st consecutive regular-season victory.

The only other team to win that many in a row: New England from 2006-08. The Colts (12-0) can break the record next week at home against Denver.

RAIDERS 27, STEELERS 24

At Pittsburgh, Louis Murphy caught an 11-yard touchdown pass from Bruce Gradkowski with nine seconds remaining, his second score in the final 5 minutes, and Oakland scored three late touchdowns to deal Pittsburgh its fourth consecutive loss.

The Steelers (6-6) went ahead 24-20 on Ben Roethlisberger's 11-yard touchdown pass to Hines Ward with 1:56 remaining, only to have the Raiders (4-8) rally and win it.

THE ASSOCIATED PRESS

m.metronews.ca

Scan this barcode for the most recent Sports updates on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

Anaheim Sens beat Ducks in shootout

JAE C. HONG/THE ASSOCIATED PRESS

Ottawa Senators right wing Alexei Kovalev shoots the puck against Anaheim Ducks goalie Jean-Sebastien Giguere during the first period action last night in Anaheim, Calif. The Senators won 4-3 in a shootout. **For a complete game recap, visit metronews.ca/sports.**

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Detroit 3 N.Y. Rangers 1
OTTAWA 4 Anaheim 3 (SO)
SATURDAY'S RESULTS
Calgary 2 San Jose 1
Edmonton 3 Dallas 2 (SO)
Boston 7 Toronto 2
Carolina 5 Vancouver 3
Phoenix 3 OTTAWA 2
Atlanta 2 Florida 1 (SO)
Chicago 2 Pittsburgh 1 (OT)
Colorado 3 Columbus 2
Minnesota 5 Nashville 3
New Jersey 4 Detroit 3 (SO)
N.Y. Rangers 2 Buffalo 1
St. Louis 5 Los Angeles 4 (SO)
Tampa Bay 4 N.Y. Islanders 0
Washington 8 Philadelphia 2
New Jersey at Buffalo, 7 p.m.
TODAY'S GAMES
Atlanta at Toronto, 7 p.m.
Philadelphia at Montreal, 7:30 p.m.
Carolina at Pittsburgh, 7:30 p.m.
Washington at Tampa Bay, 7:30 p.m.
Edmonton at Florida, 7:30 p.m.
Colorado at St. Louis, 8 p.m.
Minnesota at Phoenix, 9 p.m.
Calgary at Los Angeles, 10:30 p.m.

NBA

YESTERDAY'S RESULTS
New York 106 New Jersey 97
Cleveland 101 Milwaukee 86
Detroit 97 Washington 94
Miami at Sacramento N
Phoenix at L.A. Lakers N
SATURDAY'S RESULTS
Toronto 110 Chicago 78
Atlanta 80 Dallas 75
Charlotte 106 Philadelphia 105
Denver 106 San Antonio 99
L.A. Clippers 88 Indiana 72
Minnesota 108 Utah 101
Orlando 126 Golden State 118
Phoenix 115 Sacramento 107
Portland 90 Houston 89

NFL

YESTERDAY'S RESULTS
Chicago 17 St. Louis 9
Oakland 27 Pittsburgh 24
Denver 44 Kansas City 13
Philadelphia 34 Atlanta 7
Cincinnati 23 Detroit 13
Miami 22 New England 21
New Orleans 33 Washington 30 (OT)
Indianapolis 27 Tennessee 17
Carolina 16 Tampa Bay 6
Jacksonville 23 Houston 18
San Diego 30 Cleveland 23
N.Y. Giants 31 Dallas 24
Seattle 20 San Francisco 17
Minnesota at Arizona

Sports in brief

SPEEDSKATING Canada's women's team raced to a world record en route to gold in the team pursuit yesterday to continue a strong showing for the Canadians at a long-track speedskating World Cup. Christine Nesbitt, from London, Ont., teamed up with Kristina Groves of Ottawa and Brittany Schussler of Winnipeg, to race to a time of two minutes 55.79 to lower the previous world pursuit mark of 2:56.04.

GOLF Jim Furyk ended more than two years without a victory yesterday at the Chevron World Challenge. Tiger Woods, the tournament host, wasn't around to present the trophy to one of his favourite players on the PGA Tour. He withdrew because of injuries from his Nov. 27 car crash.

BASKETBALL Disgraced former NBA referee Tim Donaghy says he refused to make calls to affect games even if it meant he lost money and it angered the mob. "I just told them that I wasn't making calls in games to influence the outcome," Donaghy said in an interview on 60 Minutes that aired last night on CBS.

SOCCER Tottenham striker Jermain Defoe missed a stoppage time penalty as his side threw away a two-goal lead to draw 2-2 with a struggling Everton side in the Premier League yesterday.

METRO NEWS SERVICES

Offer subject to change without notice. © 2009 Rogers Wireless.

Lakehead shutdown to go ahead despite faculty criticism

Lakehead University will move ahead with its proposed four-day shutdown the week before Christmas, despite strong opposition from the institution's faculty association, who say the plan violates members' collective bargaining agreement. METRO NEWS SERVICES

Workology

Fraud charges in Quebec

According to the Ottawa Citizen, Quebec Provincial Police have charged 25 individuals with fraud over $5,000 and using false documents in an alleged $2-million to $3-million student loan fraud at Night Hawk College, a private computer training school based in Gatineau.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Looking ahead to 2010 semester

RAFAEL BRUSILOW
for Metro Canada

If you're feeling overwhelmed by the end of the Fall semester, you don't have to tackle the new one alone.

Whether you haven't done as well academically as you'd wanted or the demands of your school, work and personal life are starting to tear you at the seams emotionally, the coming of the New Year can sometimes be a source of fear rather than excitement.

The first important thing is to remember that no matter how swamped, frustrated or anxious you feel, there is always something you can do to make your situation better. The second is that you don't have to go it alone — help is often just a trip to your campus counselling centre or your professor's office away.

David Mensink is a psychologist who counsels students at Dalhousie University in Halifax and says the top three reasons students come to him for counselling are, in order, anxiety, depression and relational difficulties. Unfortunately there is no quick fix for any of those things so rather than trying to forget about your problems, Mensink says it's crucial to confront them in a rational way.

When in school, don't take on too many responsibilities (work and courses), or everything will suffer.

"Learn from what's happened previously instead of just thinking, 'Tomorrow is a new day.' Understand what happened and let's figure out what you can do now that's going to be different," Mensink said.

Most importantly, you have to commit to a plan of action that will help you move forward.

"People do not get themselves out of trouble by thinking themselves out, they have to engage in action," Mensink said.

"I'm actually awestruck by how many hours students try to cram into a work-study schedule."
University of Calgary's Meghan Houghton

When it comes to stress and pressures that comes from many different sources, the key is to prioritize, then divide and conquer.

"The first thing to do is to look at all the things that are creating demand in your life and see if you can reconfigure them. Usually you can change the environment instead of changing yourself," Mensink said.

Dropping that extra course or cutting your overzealous number of work shifts can have a profound effect on your emotional well-being, as well as your grades.

Meghan Houghton, associate vice-provost of Student Services at the University of Calgary, says she sees too many students come through her office who have stretched themselves beyond their own limits in trying to juggle too many courses and too many work shifts.

"I'm actually awestruck by how many hours students try to cram into a work-study schedule. It's important for students to evaluate what they want to accomplish over all — if you're gunning for grad school, the likelihood you're going to be able to maintain anything more than part-time work and keep up your grades is very low," Houghton said.

Never lose sight of your overall goals, Houghton says, because having clear goals will make it easier pick yourself up and utilize your desire to do well as a motivating factor.

"It's very easy to stay positive if you feel very committed to your goals. Having that panic moment isn't necessarily a bad thing if it propels you to action," Houghton said.

COLLEGE DIPLOMAS IN HEALTH CARE!

- Fitness and Health Promotion
- Medical Office Assistant
- Pharmacy Technician - **CCAPP Accredited!**
- Personal Support Worker

CALL NOW! 613-722-7811
www.algonquinacademy.com
1644 Bank Street, behind Canadian Tire

Classes start monthly!

ALGONQUIN CAREERS ACADEMY

York opens MBA school in Mumbai

ERIC EMIN WOOD
for Metro Canada

INDIA Students applying for an MBA at York University's Schulich school of business now have two campuses to choose from: One in Toronto — and one in Mumbai, India.

"We are very excited," says Dezsö Horváth, Schulich's dean. "This is the first MBA program to be offered in India from a leading international business school."

Students who earn a Schulich MBA in India will receive their first-year classes at Mumbai's SP Jain Institute of Management and Research, then transfer to Canada in their second year and graduate from Schulich's Toronto campus.

"I believe that quite a few students will want to go to India because they will be exposed to a fast-growing economy with a lot of opportunity," says Horváth. However, the Indian campus will not be able to provide all of the Canadian school's specializations.

"We have about 18 to

More info

- For more information, visit schulich.yorku.ca/SSB-Extra/indiamba.nsf

date, which by then will be up to 20. India will only have four or five," Horváth says. "It will be very attractive to come to Toronto in second year."

Horváth hopes to build a permanent facility in India within the next three years. "There will be two Schulich campuses, one in Toronto and one in India," he says.

Be a Willis Graduate... Don't Compete with One!

WILLIS COLLEGE
OF BUSINESS, HEALTH AND TECHNOLOGY

EST. 1896

Over 110 Years of Career Training Excellence!

613-233-1128 • www.williscollege.com

He's a champion of his trade
John Bil, the oyster shucker featured below, began attending competitions duirng his time in Prince Edward Island and won the Canadian Oyster Shucking Championships in 1997, 2001 and 2005. **DIANE PETERS/FOR METRO CANADA**

This guy is shucking amazing

OddJobs

Diane Peters

Metronews.ca/oddjobs

The Lowdown

Job title: Oyster shucker
Salary: Up to $50,000 at a busy city bar
Education/training: Learn on the job
Best Part of the Job: "I love that you're literally taking something off the earth and putting it on a plate, there's no transformation at all."
Worst Part of the Job: "Oysters are heavy when you have to move a bunch around."

One of Canada's best oyster shuckers didn't think much of the job when he started.

"At first it was a really crappy job. You're stabbing yourself and it's very tedious," says John Bil, now 41.

He was in his early 20s when he got hired at Rodney's Oyster Bar in Toronto. He needed the money: He had plans to become a professional mountain biker.

That didn't happen, but he did improve his shucking skills. Three years later, in 1992, he went to Prince Edward Island for the summer, working at Rodney's new island location.

He did that for three summer and then, in 1995, he moved there permanently. It was partly for love of the island, and partly to learn everything he could about oysters.

He got a job at Carr's Lobster Pound in Stanley Bridge, selling lobster and oysters. Meanwhile, he got himself a portable oyster bar and asked bar owners around the island if he could set up on busy pub nights.

Why would you put oysters on a menu? they asked. People in P.E.I. ate oysters all the time, but at home. "It's like selling a ham sandwich," explains Bil.

But some agreed and Bil eventually had a small but steady business on the side.

Then he took a new job running Atlantic Shellfish's oyster plant. Over the next decade, he really got to learn about the cultivation and harvest of the shellfish.

As part of his job, he travelled to restaurants across the country, training kitchen and wait staff about shucking and serving oysters. That made him miss the restaurant industry, so he went back.

He did some consulting in Montreal and New York City, and helped open an oyster bar in Charlottetown. Now, he's part owner of Ship to Shore in Darnley and The Black Horse, a brand new restaurant in Kensington, both in P.E.I.

At one point in his career, John Bil shucked a few hundred thousand oysters a year, but lately he's down to about 50,000.

> **"At first it was a really crappy job. You're stabbing yourself and it's very tedious."** John Bil

Bil used to shuck a few hundred thousand oysters a year; Now he's down to about 50,000.

He starts by opening up the oyster's two shells by inserting a knife at the hinge, wiggling it, and giving it a twist. ("That's the part where you're gritting your teeth if you're new at it.") Once it's open, he runs his knife along the top shell, cutting away the muscle that held the shells together. Then, he looks for sand and ensures the oyster is opaque and fresh looking. If it's too transparent, Bil tosses it away.

And does he eat oysters himself? At least two dozen a week.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

SAP Training in Ottawa (BI, HR, BASIS, FICO & ABAP)

- Instructor-led In-Class and Remote Training
- All Instructors are SAP Certified & Industry experienced
- 100% Career oriented professional training
- 24 hours Remote Server Access
- Provide job Assistance

HRDC/EI Approved • FREE Seminar once in every month

ERP Mastering Inc. 123 Landover Cres. Kanata ON K2M 2W2
info@erpmastering.com • www.erpmastering.com • 613-254-8953

LINC
Language Instruction for Newcomers to Canada

LARC - CELO

CLIC
Cours de Langue pour les Immigrants au Canada

LANGUAGE ASSESSMENT AND REFERRAL CENTRE

CENTRE D'ÉVALUATION LINGUISTIQUE ET D'ORIENTATION

- ✓ ***FREE*** language training (English or French)
- ✓ ***FREE*** child minding when available
- ✓ ***FREE*** language assessment prior to enrollment
- ✓ For Landed Immigrants & Convention Refugees (Ontario residents only)

For an appointment, please call
613-238-5462
240 Catherine Street, Suite 308, Ottawa, ON K2P 2G8
www.ymcaywca.ca

We build strong kids... strong families... strong communities.
Dévoué au mieux-être des enfants... des familles... des communautés.
YMCA-YWCA

Funded by Citizenship and Immigration Canada
Subventionné par Citoyenneté et Immigration Canada

Backed by the Bacons

Kevin Bacon and his brother are helping out a century-old Philadelphia tradition. The Bacon Brothers performed at a fundraising concert Saturday to raise money for the Mummers Parade, which is a colourful event held every New Year's Day. THE ASSOCIATED PRESS

Entertainment

Photo warning

Queen Elizabeth has warned newspapers not to run unauthorized paparazzi photos of the Royal Family. A lawyer for the Queen wrote to newspaper editors telling them not to publish the intrusive photos. THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

Weekend box office

1. **The Blind Side:** $20.4 million US
2. **The Twilight Saga: New Moon:** $15.7 million
3. **Brothers:** $9.7 million
4. **A Christmas Carol:** $7.5 million
5. **Old Dog:** $6.9 million
6. **Armored:** $6.6 million
7. **2012:** $6.6 million
8. **Ninja Assassin:** $5 million
9. **Planet 51:** $4.3 million
10. **Everybody's Fine:** $4 million

THE ASSOCIATED PRESS

The next generation

Secret Life of the American Teenager returns tonight

IAN JOHNSTON
for Metro Canada

The Secret Life of the American Teenager sounds like another sleazy bit of reality television focusing on underage sex and bad high school-ish behaviour.

Far from it. The series — which begins its second season tonight on MuchMusic — is in fact a family drama about … well … family.

Plus underage sex and pregnancy.

"I think our fans can really identify with the characters," says Shailene Woodley, who plays the pregnant teen Amy on the series, which is best described as a slightly soapier, more fun variation on Degrassi.

"I like Gossip Girl. But it's more about expensive clothes and rich people. It's a fairy tale. I think the best fan mail we get comes from parents who say the show has opened up a lot of avenues to talk to their teenagers."

Forget Gossip Girl. The Secret Life of the American Teenager has crushed that teen TV rival in the ratings south-of-the-border since its 2008 debuted. Even before its second season premiere in Canada, the show has already filmed a third season.

GETTY IMAGES FILE

Shailene Woodley stars in the family drama The Secret Life of the American Teenager.

The second season of the Secret Life of the American Teenager premieres tonight on MuchMusic.

Still, for Woodley, success has yet to change her life. A veteran of movies and TV at the age of 18, she says she rarely gets recognized as her character Amy.

Not so for Daren Kagasoff, who plays womanizer Ricky, the father of Amy's child on the series. Kagasoff had never acted on TV before this show. And in less than two years, he's a teen heartthrob, albeit a bad boy heartthrob.

"It's the hair," he says, gesturing to his high-flying 'do. "The audience we get is from 10 years old to 23, so if you're at a mall, that ain't a good idea. But I never take it for granted."

As for the new season, there will be a marriage ceremony, the inevitable birth, and plenty of surprises.

"Lots of tears," laughs Woodley. "It's a real growing period for the characters."

For Kagasoff, the second season will see his character make the transition from ladies man to father.

"In the first season, he just kind of hooked up with girls and didn't take responsibility for his actions. But once the baby comes along, he's going to be the best dad he can."

"I think the best fan mail we get comes from parents who say the show has opened up a lot of avenues to talk to their teenagers."
Shailene Woodley

Brokaws uninjured after collision
Former NBC News anchor Tom Brokaw and his wife escaped injury in a three-car pileup Friday. THE ASSOCIATED PRESS

AP PHOTO/CHRIS PIZZELLO

Carrie Underwood hosts today's All-Star Holiday Special on Fox, and believes it's just the tonic for the regular TV lineup. She'll be joined on air by Ryan Seacrest and David Cook, among others.

Old formula, new show

The variety show was once a television staple, and Carrie Underwood thinks it might be time for a resurgence.

The country music star hosts today's An All-Star Holiday Special on Fox, and believes it's just the tonic for the regular TV lineup.

"I think it's really great they're making a comeback because I think it's really good family programming, and nowadays it seems like every show is about, like, murder or police and people shooting at each other," says Underwood.

The 26-year-old Oklahoma native was too young to catch the golden age of the variety show.

It once was as common as the reality show with stars like Barbara Mandrell and the Mandrell sisters, Sonny and Cher, and even The Muppets mixing music and comedy to draw in a family audience.

But Underwood did her research before shooting her show in Los Angeles earlier this fall.

"I remember a little bit of the Mandrell sisters and I have gone back and seen episodes of their show just to kind of, I don't know, get some ideas and kind of see how it's done from a master's perspective."

She also had variety show veteran and country music star Dolly Parton on the set to give advice.

Underwood said she'd never met Parton until they did the show together and the two hit it off right away, especially when they realized they lived close to each other.

"I told her and she was like, 'You don't live far from me, let's get together. Do you like Southern cooking? You don't look like you eat.'"

Brad Paisley, fellow American Idol winner David Cook, Idol host Ryan Seacrest and Neil Patrick Harris also appear in the special, along with Underwood's mother and sister.

The show caps quite the year for Underwood. She won the Academy of Country Music entertainer of the year award in the spring, and her new album, Play On, debuted at No. 1. She also hosted the Country Music Association Awards for the second straight year.

After a quiet holiday with family, she'll turn her attention to touring in the new year.

"I think my whole life next year will be revolving around touring."

THE ASSOCIATED PRESS

primetime

Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
265	353	2	TVO	Time Team (N)		The Agenda With Steve Paikin		Midsomer Murders		Battlefield Mysteries		Agenda-Paikin
211	331	3	GTV	ET Canada	Entertainment	*How the Grinch Stole Christmas* ★★ (2000, Fantasy)				House		News Final
-	-	5	SRC	Virginie (SC)	Mère indigne	L'Auberge du chien noir (SC)		Le Grand Rire 2009		Le Téléjournal Nouvelles. (SC)		La Zone (SC)
209	342	6	CHRO	Degrassi: TNG	TMZ (N)	Gossip Girl (HDTV) (N)		Two/Half Men	Big Bang	Castle "The Fifth Bullet"		Comedy Now
196	311	7	CTV	etalk	Hollywood	Law & Order: SVU		Law & Order: Special Victims		CSI: Miami (HDTV) (N)		News
208	303	8	CBC	Wheel-Fortune	Jeopardy! (N)	*The Santa Clause* ★★★ (1994, Comedy) Tim Allen.				CBC News: The National		The Hour
-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Law & Order: SVU		Law & Order: Special Victims		The Jay Leno Show (N)		News
117	713	10	TVA	Les Gags	Sketch Show	Laura Cadieux	Km/h (SC)	À communiquer		TVA nouvelles	(10:45) Denis Lévesque	
-	-	11	QS	Catherine (SC)	Rire et délire	*La Voleuse de Noël* (2007, Com. dramatique)				Guerre clans	L'Attaque à 5	
137	763	12	TFO	Panorama		Méga construction		*Bob, le flambeur* ★★★ (1955, Policier) Roger Duchesne.				Bibliotheca
-	362	13	CBS	The Insider (N)	Judge-Brown	How I Met	Accidentally	Two/Half Men	Big Bang	CSI: Miami (HDTV) (N)		Two/Half Men
216	395	14	OMN2	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Shift Focus
214	344	15	CITY	Law & Order: Special Victims		How I Met	Accidentally	Trauma (HDTV)		The Jay Leno Show (N)		News
115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
218	345	18	CHCH	*Meet Me in St. Louis* ★★★ (1944, Musical) Judy Garland.				*She's Having a Baby* ★★ (1988, Comedy-Drama)				News at 11 (N)
-	361	20	ABC	Action News	Entertainment	Santa Claus Is Comin' to Town		Find My Family (N)		Castle "The Fifth Bullet"		News
512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
-	365	36	FOX	TMZ (N)	Seinfeld	Carrie Underwood: An All-Star Holiday Special (N)				FOX 2 News (N)		News
-	-	64	PBS	Business Rpt.	Whiz Quiz	Antiques Roadshow		Andrew Jackson: Good, Evil and the Presidency				Charlie Rose
205	312	104	CTV	etalk	Hollywood	Law & Order: SVU		Law & Order: Special Victims		CSI: Miami (HDTV) (N)		News

news

502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		*The End of the Line*		National
500	500	33	CNN	CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		

sports

406	417	27	net	Skiing: FIS World Cup Alpine		Stars of Torino	UEFA Champ.	UFC 107 Countdown (HDTV)		Sportsnet Connected		Prime Time
126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
400	280	30	TSN	That's Hockey!	Monday Night Countdown		NFL Football	Baltimore Ravens at Green Bay Packers. (HDTV) (Live)				
410	403	52	SCR	RaceNight				(9:15) WWE Monday Night RAW				Score Now

family

411	457	56	OLN	Ghost Hunters International		Dog the Bounty Hunter		Survivorman		Ghost Hunters International		Bounty Hunter
417	406	59	SC	Pass Time	Pass Time	SuperCars	Auto Addiction	Barrett-Jackson		Barrett-Jackson		Car Crazy
554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
557	540	51	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
551	542	65	YTV	The Santa Claus Brothers		*Jack Frost* ★★ (1998, Fantasy) Michael Keaton.				Family Biz	Prank Patrol	Adrenaline Proj

cable variety

570	580	29	MM	The Daily Fix		Ranked!		All Access		Entourage	Wild 'n Out	mmtop10.ca
615	520	31	A&E	Criminal Minds (HDTV)		Intervention "Danielle"		Intervention "Greg" (N)		Hoarders "Judi and Gail"		Steven Seagal
628	584	32	SPKE	Disorderly Conduct: Video		*Cradle 2 the Grave* ★★ (2003, Action) (HDTV) Jet Li, DMX.				I Bet You Will	I Bet You Will	*Cradle 2 Grave*
521	560	34	TLC	Little People	Little People	Little People	Little People	Cake Boss (N)	Cake Boss	BBQ Pitmasters (HDTV)		Little People
145	761	35	TV5	À communiquer				Nikan	Documentaire		À comm	TV5 Le Journal
616	521	39	SHO	The Outer Limits		*Alice* (2009, Adventure) Caterina Scorsone, Colm Meaney.				Bones		NCIS
620	523	40	BVO	Streets of Encounter		Trans-Siberian Orchestra		Rita MacNeil		Christmas at the Concert Hall		Law & Order
520	505	42	DIS	Daily Planet (N)		MythBusters		Dirty Jobs (N)		Canada's Worst Driver (N)		Daily Planet
575	583	43	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Due South
601	562	45	SLC	Rich Bride, Poor Bride		10 Pounds	Last 10	Instant Beauty Pageant		Plastic-Perfect	Plastic-Perfect	ET Canada
625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Family Guy	Family Guy	Daily Show
294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*The Fighting Temptations* (2003, Comedy)		
600	564	49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	House Poor (N)	My First Place	House Hunters	House Hunters	Holmes-Homes
627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		*Snakehead Terror* ★★ (2004, Horror), Carol Alt (DVS)				Listener
581	566	53	MTV	Jersey Shore Working the summer in Seaside Heights.				Peak Season	Peak Season	Peak Season	After	MTV Live
618	524	54	TROP	Raymond	Raymond	The Outer Limits		ET Canada	Comeback	Family Guy	Raymond	Raymond
522	506	55	HIS	Pearl Harbor: Who Fired First		Patton 360		Battles BC		First Apocalypse		
129	773	60	CD	Biographies "Julia Roberts"		Les Secrets du cerveau		Science du sport		Preuves à l'appui (HDTV)		Mayday
261	394	61	V	Murder, She Wrote		Husband & I	Summer Wine	*Toys* ★★ (1992, Comedy-Drama) Robin Williams, Michael Gambon.				
602	567	62	W	Friends	Friends	*Stolen Miracle* (2001, Drama) Leslie Hope, Hugh Thompson.				*Holiday Wishes* (2006, Drama) Amber Benson.		
269	350	70	APTN	Find. Our Talk	Makusham	Notre Peuple		*Héros solitaire* (2002, Drame) Lou Diamond Phillips.				La Cité
621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
603	561	95	FN	Ricardo	David Rocco	Food Jammers	Food Jammers	Top Chef: Las Vegas		At the Table	At the Table	Restaurant

critics'corner

The Santa Clause
Executive Scott Calvin makes a drastic career change in this 1994 comedy. After killing the real Kriss Kringle by mistake, Scott tries on the red suit and is transformed into Santa, complete with white beard and round belly. In addition to the traditional duties, this Santa must convince his son that he's the real thing. 8 PM on 8 CBC

Carrie Underwood: An All-Star Holiday Special
The Grammy-winning and multi-platinum country singer performs holiday songs in addition to selections from her albums. Performers joining Underwood on-stage during the two-hour special are Dolly Parton, Brad Paisley, Kristin Chenoweth, and David Cook. 8 PM on 36 FOX

Alice
Lewis Carroll's "Alice's Adventures in Wonderland" gets a futuristic makeover as martial arts instructor Alice Hamilton finds herself thrust into a grim parallel universe, where she searches for her lost love while trying to evade the fiendish Queen of Hearts. 8 PM on 39 SHO

Crawford blasts cosmetic surgery

Cindy Crawford says cosmetic surgery is unsexy. The 43-year-old supermodel says her husband, Rande Gerber, and close friend George Clooney can't understand why anyone would go under the knife to alter their appearance. FEMALEFIRST.CO.UK

Celebrity Buzz

Winehouse to re-marry?

SECOND TIME'S A CHARM Despite rushing through divorce proceedings five months ago, Amy Winehouse and Blake Fielder-Civil are set to re-marry, at least according to his mother.

"Their love is so powerful nothing will stop them from being together whatever anyone else thinks. They've battled their demons and are absolutely off drugs," Georgette Fielder-Civil tells the Sunday Mirror. "As soon as Blake finishes his term in rehab he'll be straight back with Amy in London. They'll lock the doors and won't answer the phones. But I know it won't be long before I get a call from Blake saying, 'Mum, I'm at the airport and we're flying off to get married.'"

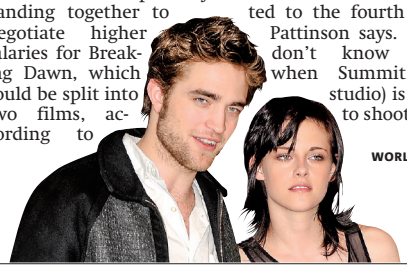
METRO WORLD NEWS

Twilight cast demands

VAMPIRE POWER TRIO With just one book left in the Twilight series to adapt into a film (the third book, Eclipse, has already been shot) Robert Pattinson, Kristen Stewart and Taylor Lautner are reportedly banding together to negotiate higher salaries for Breaking Dawn, which could be split into two films, according to Hollyscoop.

The power trio is said to be demanding eight-figure salaries for the conclusion to the blockbuster franchise, though the schedule for Breaking Dawn hasn't been set. "I have committed to the fourth one," Pattinson says. "But I don't know quite when Summit (the studio) is going to shoot it."

METRO WORLD NEWS



Celebrity tweets

Today, Kirstie Alley has fun with foreign weight measurements, Eddie Izzard is offering weather and shopping updates for Londoners and rapper The Game watches Oprah and isn't ashamed of it.

- @KirstieAlley So I need to loose..OH MY GOD..I could build a WALL with all these STONES!!!
- @eddieizzard Walking through Hyde Park at the moment. Sun is shining but wrap up as it's a little windy. There's an Xmas fun fair in the Park as well.
- @ihategame this ain't Gangsta AT ALL but I was watchin Oprah last night & came to the conclusion that can't nobody sing like Jennifer Hudson !

METRO WORLD NEWS

Brinkley daughter overdose

OVERDOSE WITH UNDERTONES The daughter of Billy Joel and Christie Brinkley has been hospitalized after overdosing on sleeping pills, according to the New York Post.

Police sources believe Alexa Ray Joel's overdose was a suicide attempt, the newspaper reports. The 23-year-old had reportedly been complaining on her MySpace page recently about a breakup.

METRO WORLD NEWS

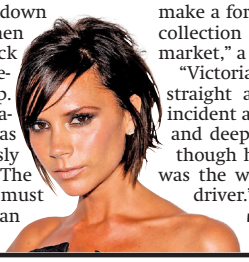
Beckham reeling after theft

BEST-LAID PLANS? Victoria Beckham is said to be reeling after the theft of more than $500,000 worth of clothing from her new collection was stolen off a delivery truck at knifepoint in London, according to the Daily Mail.

The driver was left shaken and bruised after being knocked down by two men who struck during a delivery stop. "This operation was meticulously planned. The thieves must feel they can make a fortune selling the collection on the black market," a source says.

"Victoria was informed straight away about the incident and was shocked and deeply saddened, although her first priority was the well-being of the driver."

METRO WORLD NEWS



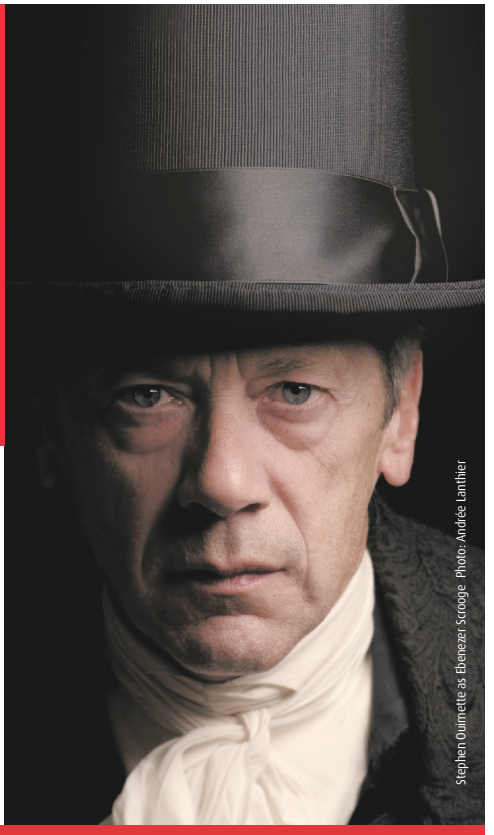
PAY-WHAT-YOU-CAN NIGHT

THE NATIONAL ARTS CENTRE
ENGLISH THEATRE COMPANY PRESENTS

A CHRISTMAS CAROL

BASED ON THE NOVEL BY Charles Dickens
STARRING STEPHEN OUIMETTE AS EBENEZER SCROOGE

Suitable for children 8 and up

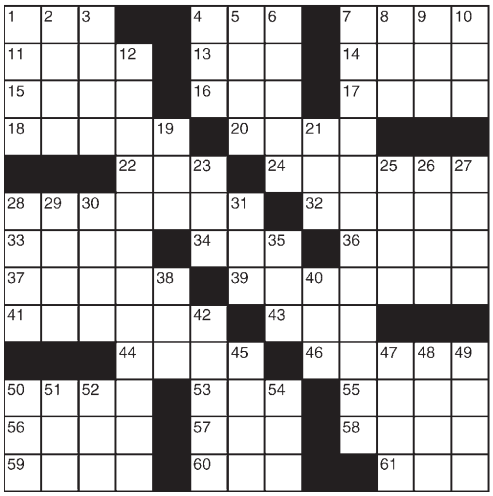

Stephen Ouimette as Ebenezer Scrooge Photo: Andée Lanthier

Tuesday, Dec. 8 @ 7:30 p.m.
NAC Theatre
www.nac-cna.ca
40 years 40 ans
NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS

The Weather Network
©The Weather Network 2009
Today 80% Light snow -2° / -12°
Tuesday 40% Flurries -3° / -13°
Wednesday 80% 10+cm of snow -1° / -5°
TAKE THE WEATHER WITH YOU visit mobile.theweathernetwork.com

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Airborne Dracula
4 Group of scenes
7 Antitoxins
11 Styptic agent
13 Comment from Bossy
14 Eastern bigwig
15 Actress Spelling
16 Pea holder
17 Rubik's puzzle
18 Carrot-top's secret?
20 Unaccompanied
22 Work with
24 Addled by age
28 Black leopard
32 Calculating snake?
33 Reed instrument
34 Japanese pond carp
36 Family
37 Richly luxurious
39 Annoys
41Guard
43 Gun lobby grp.
44 Jacob's twin
46 Spouse's relative
50 Old Italian money
53 Bookkeeper (Abbr.)
55Mrs. Dithers, in the comics
56 Out of control
57 Leap
58 Badder than bad
59 Makes up one's mind
60 Explosive stick
61 Antlered animal

DOWN

1Shower alternative
2 Lotion additive
3 Veer
4 Rock band's need
5 Talks like a dove
6 Commotions
7Opportunity to make amends, maybe
8 Ostrich's cousin
9 Cage part
10 Exist
12 Quick-fry beef products
19 Blond shade
21 Meadow
23 "A mouse!"
25 Not working
26 Mad king of literature
27 Sea eagles
28 Boston orchestra
29 Skilled
30 Verb's partner
31 Steal from
35 Charged bit
38 Day fractions (Abbr.)
40 Numerical prefix
42 America's Cup vessel
45 "Once — a time"
47 Cupid's field
48 Seed covering
49 Stroll
50 "The 7 Faces of Dr. —"
51 Devil's disciple
52 Deteriorate
54 Suitable

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

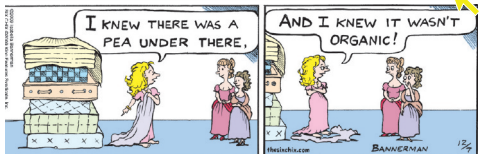
1			5					
8		2		1	4			7
	9	4	6					
						6	2	
3		9				4		8
	6	1						
					5	2	8	
5			3	9		1		6
					7			4

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

9	3	8	5	1	4	6	2	7
4	7	5	6	8	2	3	1	9
6	2	1	3	9	7	4	8	5
3	5	6	2	4	9	1	7	8
7	4	9	1	6	8	5	3	2
8	1	2	7	3	5	9	4	6
1	6	7	8	5	3	2	9	4
5	8	4	9	2	1	7	6	3
2	9	3	4	7	6	8	5	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Cowboy Casserole

INGREDIENTS:

1 1/3 lb (600 g) unpeeled baking potatoes, scrubbed and thinly sliced
1 1/2 tbsp (20 mL) olive oil
1 tsp (5 mL) tomato paste
14 oz (398 mL) can baked beans
1/4 lb (125 g) frozen peas
1/4 lb (125 g) frozen green beans
7 oz (200 g) can corn, drained
2 tbsp (25 mL) barbecue sauce
3 1/2 oz (100 g) smoked cheese, roughly chopped

METHOD:

1. Preheat oven to 400°F (200°C). Put potatoes into pot of boiling water. Bring back to boil; half-cover and simmer until just tender, but not breaking up. Drain thoroughly, reserving 4 tbsp (60 mL) cooking water. Tip potatoes into bowl, add oil and toss to coat. Set aside.

2. Blend tomato paste with reserved hot water in pot. Tip in baked beans, peas, green beans, corn and barbecue sauce. Heat gently, stirring, until mixture is barely warm and peas and green beans have thawed. Tip into shallow casserole dish, spreading into even layer. Scatter over cubes of smoked cheese.

3. Arrange potato slices over top, overlapping slightly to completely cover bean and cheese mixture. Bake 30 minutes or until potatoes are tender and top is golden brown.

SERVES 4

Per Serving:
404 calories, 13 g total fat, 7 g saturated fat, 58 g carbohydrate, 17 g protein

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Mercury aspects power planet Pluto in the career area of your chart today, so there is a real chance you will lose your temper.

TAURUS ♉
APRIL 21-MAY 21
You will either be a hero or a villain today – there is no in between. Being the blunt spoken sort you are sure to say something that causes a fuss.

GEMINI ♊
MAY 22-JUNE 21
You may believe that all things are possible but others will need some convincing. Usually you would not care in the slightest.

CANCER ♋
JUNE 22-JULY 22
Don't react badly if someone questions or makes fun of your convictions today. Everyone is entitled to their own point of view .

LEO ♌
JULY 23-AUG 23
Resist the urge to give up on something that, no matter how hard you try, refuses to work the way you want it to work.

VIRGO ♍
AUG 24-SEPT 22
Someone you work with, maybe someone important, is intimidated by your overly aggressive manner, and that could cause problems.

LIBRA ♎
SEPT 23-OCT 23
You may have made up your mind about something but can you be sure you are right? Today's cosmic influences urge you to think carefully.

SCORPIO ♏
OCT 24-NOV 22
Someone whose personality is almost as strong as your own will refuse to do what you ask of them today.

SAGITTARIUS ♐
NOV 23-DEC 21
Why waste time on people who, to be blunt about it, are not worth the effort? Forget them and move on.

CAPRICORN ♑
DEC 22-JAN 20
You are the boss and what you say goes, and anyone foolish enough to disagree with you will learn very quickly what a painful mistake that can be.

AQUARIUS ♒
JAN 21-FEB 18
If a petty argument is getting you down just make your excuses and leave. Why get involved in disputes that mean nothing to you?

PISCES ♓
FEB 19-MARCH 20
What you have to deal with today may be the kind of thing you would prefer to avoid but you have no choice in the matter.

This day in history

1941: The Imperial Japanese Navy attacks the U.S. Pacific Fleet and its defending Army Air Forces and Marine air forces at Pearl Harbor, Hawaii. Because of the time difference due to the International Date Line, the events of Dec. 8 occurred while the date was still Dec. 7 to the east of this line.
1988: Spitak Earthquake: In Armenia an earthquake measuring 6.9 on the Richter scale kills nearly 25,000, injures 15,000 and leaves 400,000 homeless.
1988: Yasser Arafat recognizes the right of Israel to exist.
2003: The Conservative Party of Canada is officially recognized after the merger of the Canadian Alliance and Progressive Conservative Party of Canada.

METRO NEWS SERVICES

16 new ways to make life a little easier.

ESPN Score Center
Free • Get instant scores and updates on the fly from one of the most reliable names in sports news. ESPN's personalized scoreboards let you organize by sport and team so you get the updates you want, fast.

Twittelator Pro
$4.99 • Do you tweet? Use Twittelator Pro to send updates on the go, and bring them to life with photos and videos captured right on your iPhone.

The Sims 3
$6.99 • The ever-popular computer game arrives on the iPhone. Customize your Sims, explore stunning 3-D worlds and experience everything "real" life has to offer.

Tom Tom U.S. & Canada
$99.99 • Turn your iPhone into a fully featured Sat Nav with Tom Tom's expert voice-guided turn-by-turn directions, automatic re-routing, and more. It even links with your contacts list to give you directions to any address.

CBC Radio
Free • Listen to CBC Radio on your iPhone. Tap into 19 live streams and over 60 popular programs on-demand. Browse archived episodes and create a favorites list for quick access to the programs you love.

Cooliris
Free • Bring the web's most interesting photos, videos and news right to your iPhone on an endlessly streaming wall. Browse content with the flick of a finger, then share via email or Twitter.

Wine Ph.D.
$4.99 • Go from wine novice to enthusiast in seconds. Just use your iPhone to search the Wine Ph.D. database by name, producer, varietal, region, food pairings or published ratings.

Local Concerts
Free • Want to know who's playing tonight? Local Concerts taps your music library and a large global database to notify you of upcoming shows. Browse events by date or venue, then buy tickets right from your iPhone.

TuneWiki
Free • Listening to music on your iPhone and want to know the lyrics? TuneWiki serves up lyrics to songs from your iTunes library so you can follow along as the song is playing.

Epicurious
Free • Can't decide on dinner? Get Epicurious recipes right on your iPhone. Search by type, what's in your fridge or what's in season. Then make a shopping list with the touch of a button.

Barista
$2.99 • Let your iPhone teach you how to make coffee-shop quality espresso, even when you're at home with step-by-step directions on everything from pulling the perfect shot to pouring latte art.

GoodGuide
Free • Shop green with your iPhone. Now you can easily check the health, environmental and social impact of over 70,000 products, from food to toys, on the go and before you buy.

Mover
Free • Now it's easier than ever for two iPhones to share stuff. With just the swipe of a finger, you can transfer photos, contacts and more to another iPhone over the same WiFi network.

Rocket Taxi
$1.99 • Ever notice cabs are scarce when you need one? Using your iPhone's built-in GPS feature, Rocket Taxi will find a taxi closest to you. Then all you have to do is tap to call for your ride.

AroundMe
Free • When travel takes you to a new place, AroundMe can quickly find nearby businesses from the nearest bank to the closest gas station then route them for you using your iPhone's GPS.

Convertbot
$0.99 • Convert currency, length, mass, time and more. Convertbot's simple, intuitive interface makes conversion easy, even handling mixed units, like feet and inches.

It's amazing how much stuff you can do with an iPhone. With all kinds of apps to help with everything from shopping to gaming to cooking to tweeting. In fact, there are over 90,000 apps for just about anything, only on the iPhone.

TELUS | iPhone 3G S

©2009 Apple Inc. All rights reserved. 1-800-MY-APPLE or www.apple.ca. Some applications are not available in all areas. Application availability and pricing are subject to change. TELUS is a trademark of TELUS corporation, used under license. All other trademarks are the property of their respective owners. © 2009 TELUS.